

When times seem dark

October 24, 2022

PSALM 42:4-5 NKJV – (4) When I remember these *things*, I pour out my soul within me. For I used to go with the multitude; I went with them to the house of God, with the voice of joy and praise, with a multitude that kept a pilgrim feast.

(5) Why are you cast down, O my soul? And why are you disquieted within me? Hope in God, for I shall yet praise Him for the help of His countenance.

Sometimes, it feels like God has taken a long-distance trip and not informed us of when he'll return. The first thing to do in such circumstances is to draw from past experiences with God. The psalmist recalls times when he joined the festive procession to Jerusalem for one of the annual festivals, singing and shouting for joy (42:4). The second thing the psalmist does is to counsel himself with the truth. He asks himself why he is so dejected and filled with turmoil (42:5). Then, he urges himself, in spite of the darkness. Put your hope in God (42:5).

When we walk through dark times, we must follow the psalmist's example. Keep track of those times when God has come through for you. Store such experiences in your memory bank. It's important to have a history with God so that during the bad times, you can remember the good times to help you persevere. In addition, when God seems absent and uninterested, remember what you know to be true about God. He is faithful and worth hoping in. To hope is to expectantly wait for God to act. Just because you can't see God working doesn't mean he's inactive. Sometimes, like Abraham, you must hope against hope, trusting that God will do what he has promised.

SCRIPTURE READING

PSALM 42:11

THOUGHT FOR THE WEEK

Hope is the last thing ever lost.

"A JOURNEY OF THE HEART"